
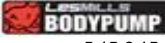




















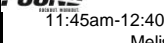





























September 2017

Group Exercise Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 BOOT CAMP 5:15-6:15am Mikey GYM	 5:15-6:15am Colleen S.	 BOOT CAMP 5:15-6:15am Mikey GYM	 5:15-6:15am Colleen S.	 BOOT CAMP 5:15-6:15am Mikey GYM	 7:00am-8:00am Barbara	 
Cycle 5:30-6:20am Ann	Cycle 6:45-7:30am Deb	Strength Training 5:30-6:30am Ann		Strength Training 5:30-6:30am Ann	 Pilates 8:00-8:50 Maureen	
Forever Fit 7:45-9:00am Lynne	Strength Training 8:00-8:50am Kim J.	Forever Fit 7:45-9:00am Nancy	Strength Training 8:00-8:50am Kim J.	Cycle 6:45-7:30am Pam	Cycle 8:15-9:15am Hilary/Barb	
Forever Fit 7:45-9:00am Lynne	 Hatha Yoga 8:00 -8:50am Colleen D.	PiYo 8:00 -8:50am Scotti	 Hatha Yoga 8:00 -8:50am Colleen D.	 Barre 8:00-8:50am Ann	Step 45 9:30-10:20am Jenny	
 Barre 8:00-8:50am Ann		 Outdoor Slow Flow Yoga 9-10am Jessica	Cycle 9:00-9:50am Melissa	Forever Fit 7:45-9:00am Nancy	 10:30-11:30am Melissa W.	 8:00am-8:45 Patti
 NEW! BRICKHOUSE 9:10-10:05am Scotti		 9:10-10:00am Scotti	 10:00-10:50am Melissa W.	HIIT Blast 9:10am-10:00am Ashley	 11:45am-12:40pm Melissa Amanda Lynne	CYCLE 9:00-10:00AM Jane
PiYo 10:10-10:55am Scotti	Step Explosion 9:00 -9:55am Jenny	 10:05-10:55am Melissa/Amanda	 Zumba® 11:00-11:50am Beth	 10:10-10:55 Patti		Vinyasa Flow Yoga 10:15-11:30am Peggy
 Zumba® 11:00-11:50am Melissa/Lisa	 10:00-10:50am Melissa W.		 Barre Strength 11:00-11:50am Ashley	 Restorative Yoga 11:00-11:50 Patti	 11:45am-12:45pm Lee	
	 Barre Strength 11:00-11:50am Ashley	 Yin Yoga 11:00-11:50 Jami	Strength Training 12:00-1:00pm Lynne	Cycle 12:00-1:00pm Jane		Labor Day Schedule 8:15am Cycle 9:30am POUND 10:30am Yoga Stretch No other classes will be held!
Cycle 12:00-1:00pm Melissa	11-11:45am Lynne	Cycle 12:00-1:00pm Tara	 Pilates 12:00-12:50 pm Maureen	Vinyasa Flow Yoga 1-1:50pm Jessica		
 Hatha Yoga 12:00-12:50pm Kim A.	Strength Training 12:00-1:00pm Lynne		Cycle 4:30-5:25pm Ann			
 4:30-5:25pm Julianne	 Pilates 12:00-12:50 pm Maureen	Total Body Conditioning 4:30-5:25pm Pam	 NEW! Yogalates 4:30pm-5:30pm Deb			
 5:35-6:35pm Lee	Cycle 4:30-5:25pm Ann	Step Explosion 5:30-6:30pm Jenny	 5:35-6:35pm Barb			
6:20-7pm 40 min. Lynne	 5:35-6:35pm Barb	 6:30-7:30pm Julianne	Cycle 7:00pm-7:50pm Karla/Deb	 Yoga Stretch 5:30pm-6:20pm Colleen		
 Hatha Yoga 7:00-7:50pm Colleen D.	Cycle 7:00pm- 7:50pm Hilary	 7:40pm-8:30pm Amanda	 Yoga Med 7:00-8:15pm Peggy		Shaded classes meet in the multi purpose room	Ida Lee is open 8am-8pm on Labor Day



Indicates a pass is required for the class. Available at the front desk 60 minutes prior to start time. If you are not an annual pass holder, a drop in fee of \$9.00 for adults and \$4.50 for seniors will be required for these classes. For more information contact our front desk, especially before dropping in. * Please note, the times, formats, and instructors listed are subject to change on a monthly basis.

